



**Over-the-Counter Medications safe to use during pregnancy**

Condition	Medicine
Acne	<ul style="list-style-type: none"> <li>• Cetaphil® Gentle Skin Cleanser</li> <li>• CeraVe™ Hydrating Cleanser</li> <li>• Glytone® (benzoyl peroxide)</li> </ul>
Allergy	<ul style="list-style-type: none"> <li>• Alavert® or Claritin® (loratadine)</li> <li>• Benadryl® (diphenhydramine)</li> <li>• Zyrtec® (cetirizine)</li> </ul>
Constipation	<ul style="list-style-type: none"> <li>• Citrucel® or Unifiber® (methylcellulose)</li> <li>• Colace® (docusate sodium)</li> <li>• Fiberall® or FiberCon® (calcium polycarbophil)</li> <li>• Metamucil® (psyllium)</li> <li>• Milk of Magnesia (magnesium hydroxide)</li> <li>• ClearLax®, MiraLAX® (polyethylene Glycol 3350)</li> </ul>
Cough (alcohol-free syrup)	<ul style="list-style-type: none"> <li>• Vicks® Nature Fusion™ Cough (dextromethorphan hydrobromide)</li> <li>• Delsym® 12-Hour Extended-release Suspension (dextromethorphan polistirex)</li> <li>• Coricidin® HBP Chest Congestion and Cough or Adult Robitussin® Peak Cold Cough and Chest (dextromethorphan, guaifenesin)</li> <li>• Mucinex® (guaifenesin)</li> <li>• Netti Pot/Simple Saline</li> </ul>
Diarrhea	<ul style="list-style-type: none"> <li>• Imodium® (loperamide)</li> </ul>
Fever/Pain	<ul style="list-style-type: none"> <li>• Tylenol® (acetaminophen)</li> </ul> <p>Fever: Take 650 (mg) every four hours for temperatures higher than 100.4° F. Call our office if no relief in 12 hours.</p> <p>Pain: Take 650 to 1,000 mg every four hours as needed. Do not take more</p>

	<p>than 4,000 mg in 24 hours. Call our office if no relief in 24 hours.  <b>**MAX 3,000MG PER DAY**</b></p>
Gas	<ul style="list-style-type: none"> <li>• Gas-X® Chewable Tablets or Maalox® Anti-Gas or Mylanta® Gas Maximum Strength Chewable Tablets (simethicone)</li> <li>• Mylanta® Maximum Strength Liquid or Maalox® Advanced Maximum Strength Liquid (aluminum hydroxide, magnesium hydroxide, simethicone)</li> </ul>
Heartburn	<ul style="list-style-type: none"> <li>• Papaya or Pineapple Enzymes</li> <li>• Maalox® tablets or Roloids® or Titalac® or Tums® (calcium carbonate) Take less than 2,000 mg.</li> <li>• Maalox® Advanced Regular Strength Liquid or Mylanta® Regular Strength Classic Liquid (aluminum hydroxide, magnesium hydroxide, simethicone)</li> <li>• Pepcid® AC (famotidine)</li> <li>• Zantac® (ranitidine)</li> </ul>
Hemorrhoids	<ul style="list-style-type: none"> <li>• Anusol-HC® hemorrhoidal ointment or Preparation H® Hydrocortisone (hydrocortisone)</li> <li>• Preparation H® (phenylephrine, pramoxine, glycerin, petrolatum)</li> <li>• Tucks® pads (witch hazel)</li> </ul>
Nausea, Vomiting	<ul style="list-style-type: none"> <li>• Emetrol® Syrup (phosphorated [phosphoric acid] carbohydrates [dextrose, fructose] syrup)</li> <li>• Dramamine® (dimenhydrinate)</li> <li>• Ginger (tabs, chews, candy, tea)</li> <li>• Vitamin B-6 Take 25 mg four times a day.</li> <li>• Sea-Band®</li> <li>• Unisom® SleepTabs® (doxylamine succinate) Take one-half of 25 mg tablet and 25 mg of vitamin B-6 three to four times a day.</li> </ul>
Rash Call your PCP if you have an allergic reaction, or no relief.	<ul style="list-style-type: none"> <li>• Aveeno® Soothing Bath Treatment (colloidal oatmeal)</li> <li>• Caladryl® Clear® lotion (pramoxine, zinc acetate) or calamine lotion (calamine, zinc oxide)</li> <li>• Cortaid® 1% (hydrocortisone)</li> <li>• Gold Bond® Medicated Anti-itch Cream (menthol, pramoxine)</li> </ul>
Sinus Congestion/Cold	<ul style="list-style-type: none"> <li>• Clor-Trimetron® (chlorpheniramine)</li> <li>• Coricidin® HBP Chest Congestion and Cough (dextromethorphan, guaifenesin)</li> <li>• Ocean Mist® nasal spray (saline [sodium chloride] nasal sprays)</li> </ul>

	<ul style="list-style-type: none"> <li>• Sudafed® (pseudoephedrine) <b>Avoid in the first trimester.</b></li> </ul> <p><b>Avoid all products with phenylpropanolamine and phenylephrine.</b></p>
Insomnia	<ul style="list-style-type: none"> <li>• Unisom® SleepTabs® (doxylamine succinate)</li> <li>• Tylenol® PM (acetaminophen, diphenhydramine HCl)</li> </ul>
Sore Throat	<ul style="list-style-type: none"> <li>• Cepacol® Maximum Strength Sore Throat Spray or Sucrets® lozenges (dyclonine hydrochloride)</li> <li>• Chloraseptic® lozenges (benzocaine) or spray (phenol) Do not take longer than two days.</li> <li>• Halls® or Robitussin® lozenges (menthol)</li> <li>• Vicks® lozenges with honey (dextromethorphan hydrobromide)</li> </ul>
Vaginal Yeast Infection	<ul style="list-style-type: none"> <li>• Gynazole-1® (butoconazole)</li> <li>• Gyne-Lotrimin® (clotrimazole)</li> <li>• Monistat® 7 vaginal cream (miconazole)</li> </ul>